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U. S. DEPARTMENT OF AGRICULTURE
EXTENSION SERVICE
WASHINGTON 25, D. C.

SUGGESTIONS FOR FORWARDING FAMINE EMERGENCY CAMPAIGN

Reserve

Summary of Pilot Conference of Extension Nutritionists
March 18 and 19, 1946
Washington, D. C.

On March 18 and 19, extension nutritionists from five States--Massachusetts, New Jersey, North Carolina, Tennessee, and West Virginia--conferred by invitation with members of the Extension Service and the Bureau of Human Nutrition and Home Economics of the United States Department of Agriculture. The purpose of this informal conference was to consider methods and material through which extension nutritionists can forward the Conservation Campaign.

I BACKGROUND INFORMATION AND REFERENCES

1. The Famine Emergency Campaign to Date.

The specialists considered, with members of the Department, the facts compiled in USDA Office of Information release of March 13, 1946, "Famine Emergency Campaign. They were impressed with the fact that one cause of suddenly mounting world food demands was underestimation of needs or overestimation of ability to meet those needs on the part of some countries last year, which resulted in increased requests.

This release outlines--

- a. Increasing seriousness of world food situation.
- b. Committees and agencies concerned in campaign:

Extension workers, as members of State and county USDA Councils, will cooperate in coordinating the program and organizing food conservation measures recommended by the Famine Emergency Committee.

- c. Immediate steps to take.
- d. President's famine conservation measures.
- e. Steps taken by USDA and other Government agencies.
- f. Points to emphasize in campaign with consumers:

- (1) Buy 40 percent less wheat products.
- (2) Don't waste any of what you buy.
- (3) Buy less fats and oils.

- (4) Use fats carefully in cooking, after which turn in inedible fat as waste.
- (5) Grow a home garden and concentrate on products that will substitute for foods shipped abroad--peas, beans, soybeans, other hearty vegetables.
- (6) Preserve perishable food products.

See Famine Emergency Campaign Release (copy not enclosed).

2. The Food Conservation and Gardening Program of the U. S. Department of Agriculture will be combined into a single two-point campaign stressing--

- a. Conserving food for famine relief.
- b. Producing and preserving.

In this connection, Mary E. Loughhead, Federal food preservation specialist, discussed the availability of food preservation supplies for the 1946 season.

See attachment, Food Preservation Supplies.

More detailed information on National Garden Program plans will come soon from the National Garden Conference, held March 26-28 under the chairmanship of Paul C. Stark, Director of the National Garden Program, USDA.

See 1946 Victory Garden Program, USDA Materials and Activities (copy not enclosed).

3. How Homemakers Can Help was discussed by Ruth Van Deman, head of the Bureau's Information Service.

See attachment, How Homemakers Can Save Food, etc.

4. Cooperation of patrons with managers of restaurants and cafeterias in carrying out the suggestions of the President's Famine Emergency Committee for conserving wheat and fat and preventing waste was also discussed, since patrons need to understand and encourage these measures.

See Famine Emergency Committee Recommendations, March 11, 1946.
Attachment, Government Services, Inc., Memorandum to Cafeteria Managers on conserving wheat, fats.

5. The New 80-Percent Extraction Flour.

Mrs. Mary Swickard, HNHE foods specialist in charge of studies on home baking with 80-percent extraction flour, discussed the tests made to date with three samples from different mills. Some of the questions raised regarding the 80-percent extraction flour are answered in a question-and-answer sheet prepared by HNHE.

See attachment, America's New Flour and Bread, HNHE.

6. Food Conservation and Overweight.

In a timely press release, May E. Fbley, of Massachusetts, treats with a light touch the possibilities of the Famine Emergency Campaign Program for plump people. This is in line with the thinking of the specialist group which felt that outlining and following through on a definite weight-control project would probably take more time than is justified during this crisis.

See attachment, Food Conservation Program May Be Boon to Hefty Adults. (Only one copy to a State). *not attached*

7. 4-H "Food for Famine Relief" Program.

After conferring with the nutrition specialist group, the regional Extension Service field agents for 4-H Club work and a representative of the National Committee on Boys and Girls Club work prepared and sent to all State 4-H Club leaders a brief statement outlining suggested emphasis in this program. The discussion brought out the opportunities for emphasizing saving wheat and fats through demonstrations, club refreshments, meals served, achievement days, and menus for 4-H Club camps. In all these, club members should be given as much initiative as possible. Utilize to the fullest extent the help of 4-H Club agents or assistant county agents recently released from the armed forces, who have seen hunger at first hand.

See attachment, 4-H Food for Famine Relief Program.

8. "Our Hungry World."

Under this title or a similar one, the Department of Agriculture is preparing for issuance to field workers in all agencies participating in the Emergency Food Program a booklet of material on the food production and distribution situation abroad, based on the recent World Food Situation, 1946, by the Office of Foreign Agricultural Relations. This is not yet available, and is not attached.

II SUGGESTIONS MADE BY THE CONFERENCE

1. Organization.

a. State extension directors are alerting their State staffs of supervisors and specialists, appointing steering committees, and delegating responsibility. Specialists in gardening, nutrition, food preservation, agricultural economics, and marketing; editors; home economics supervisors; and 4-H Club leaders all have important parts to play.

b. Plans made at the State level will differ according to State conditions, but should include reinforcing county extension workers with information, enthusiasm, teaching aids, publicity, and suggestions on assisting organizations and groups in developing effective plans and follow-up.

- c. Existing State and county nutrition committees and school lunch committees; church groups, women's clubs, civic and business organizations; county home demonstration clubs, 4-H Clubs, and many other organizations are eager to participate if clear and worth-while goals are held in sight. Joint committees of restaurant owners, patrons, and businessmen can develop public opinion for food conservation measures in eating places.
- d. Radio and the press are the main information channels of this campaign; but it will not succeed unless the individual citizen thoroughly understands his part and is moved to carry it out. This means working with leaders, and providing for organized contacts of leaders with groups and with neighbors.

III VISUAL AIDS AND OTHER MATERIALS AND ACTIVITIES

1. Maps.

Under the title "More About the World Food Crisis," Texas has effectively used two outline maps adapted from the more detailed maps opposite page 4 in The World Food Situation, 1946, published by the Department's Office of Foreign Agricultural Relations. These are U. S. negatives 3671, World Food Production Regions; and 665, World Population. Supplementary text shows the percentage reduction of the food supply in current crop year in each region compared with the supply before the war; reductions in world food supply of critical foods, and conservation measures recommended for relieving the shortage; it also highlights the dense populations in many famine-stricken regions.

2. Charts.

- a. The Basic 7 Chart available from Distribution Section, Production and Marketing Administration, U.S.D.A.
- b. Wheel of Good Eating Chart, American Institute of Baking, 1135 Fullerton Avenue, Chicago 4, Ill.

These charts can be used (a) to review the types or groups of foods needed in all countries for a balanced diet, (b) to show foods most immediately needed by famine sufferers, and those which will be sent in smaller quantities, (c) to discuss foods in each group available locally for use in cutting down on foods needed for famine relief.

3. Motion Pictures.

- a. Freedom and Famine, Pathe. 16 mm., sound, black and white 10 minutes.
- b. Suffer Little Children, Pathe. 16 mm., sound, black and white. 10 minutes.

Prints are being purchased for use in the campaign. They will be available free from State USDA depositories and other depositories still to be selected.

- b. Food, Secret of the Peace. 16 mm., sound, black and white. 16 minutes. Produced by the National Film Board of Canada during the war. Slightly revised. Includes discussion trailer and short speech by Sir John Orr, Director General of Food and Agriculture Organization. Can be rented from Brandon Films, Inc., 1600 Broadway, New York 19, N. Y.

4. Photographs.

The Public Information Division of UNRRA, 1344 Connecticut Avenue, NW., Washington 6, D. C., will supply free of charge photographs illustrating the problems of distress and hunger which it is attempting to meet through relief shipments and medical care. These are usually in the form of 8 by 10-inch enlargements, which can be reproduced for illustrations or slides.

The first five negative numbers below show severe hospitalized cases of child malnutrition and stunted growth. Negative 133 is the most appealing. Other photographs are available.

- 1214 28-month-old Italian baby--severe case.
- 1233 Italian child of 3 or 4 gone blind from malnutrition.
- 742 Starving Greek child (apparently nutritional edema).
- 129 Yugoslav baby suffering from acute malnutrition.
- 153 Near East child of 3, who appears like a 1-year baby.
- 368 Greek girl of 6 or 8, hungry and cold.

5. Exhibits.

A well-balanced diet (three meals) totaling 2,200 to 3,000 calories, suitable for a local man or woman in moderate circumstances; or diet for a child of a given age. Beside it the food reported available for a day for one or more of the severely rationed countries of Europe or Asia. For figures, see AP release of Sunday, March 24, published in larger dailies, and current releases on the food situation. The Washington Post, whose editor and publisher is a member of the Famine Emergency Relief Advisory Council, has interesting stories along this line. Failing definite figures, make up plates totaling 2,000, 1,500, 1,000 or fewer calories, the food consisting mostly of dark bread, potatoes, cabbage, and other root vegetables, with a sliver of cheese or meat, and ersatz coffee, mostly arranged for two meals a day. Use information in letters from friends in foreign countries.

Note: In general, farming populations have more ample and varied diets than low income city populations during wars and depressions. Transportation difficulties increase unevenness of distribution.

6. Dramatizations.

Suggestions under sections 3 and 4 could be dramatized by showing a happy American family at dinner eating a well-balanced meal. Very slender children or adults in costumes made up to appear pale

and undernourished, come quietly in with plates containing a day's ration now available, and lean over the shoulders of the people at the table with appropriate gestures. The American family responds by making places at their table, and sharing their bread, fat, milk, and meat or eggs with their grateful guests.

7. Community Meals.

Get local clubs or organizations to develop wheat- and fat-saving menus for community meals, emphasizing locally abundant and home-grown foods, and record amount of plate waste and disposal of left-over food. Competitions, or reports to a newspaper, would increase interest.

8. School Lunches.

a. Home-packed lunches.

Interest children in finding proper substitutes for one wheat food (usually cake) in their customary lunch and making their lunches tasty enough so that none is wasted. Have lunch periods supervised, so children will take time to eat all the lunch they bring.

b. Prepared at school.

Managers and volunteer committees may be helped to--

- (1) Use breads other than wheat bread at least once a week: Oatmeal, rye, corn, Boston brown bread.
- (2) Use less macaroni and noodles, more potatoes.
- (3) Use left-over bread in tasty ways.
- (4) Use plentiful foods to spare wheat products.
- (5) Follow proper directions for rendering fats and cooking with fats. Avoid overheating.
- (6) Use peanut butter for fat content, protein, and vitamin B.
- (7) Can and preserve in safe ways for the school lunch.
- (8) Have children make posters for use in lunchroom or on bulletin board.

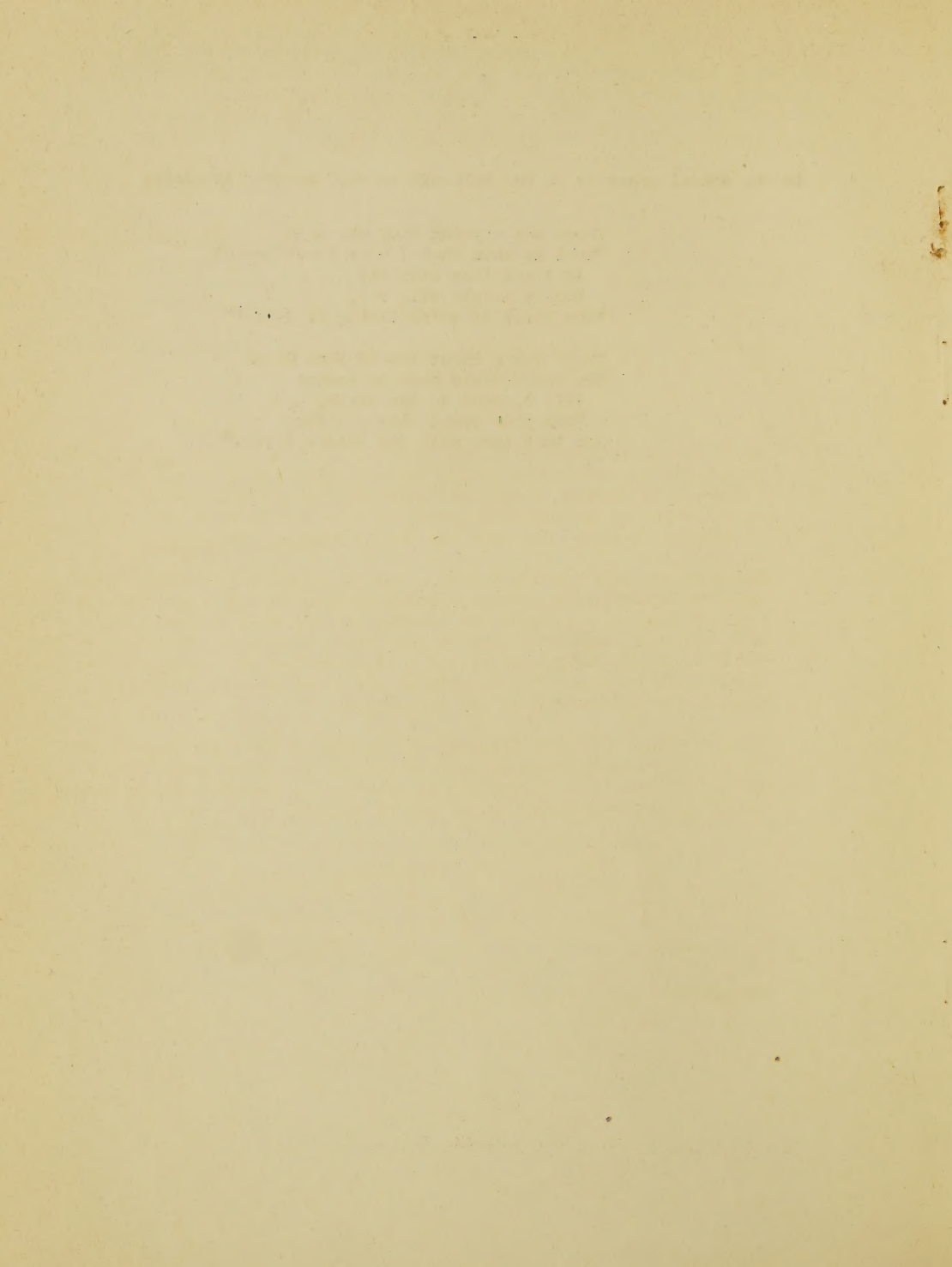
9. Limerick Contest on Food for Famine:

Get your local editor to carry a limerick contest. Invite clubs and organizations to alert their membership and send the best rhymes to the paper. School classes might compete for recognition.

in the school paper or on the bulletin board. Sample limericks:

There was a young lady who said,
"What is this that I hear about bread?
If I eat less each day
Hungry people will say,
'She cares if we're living or dead.'"

There was a stout man of Fort Moose
Who never could seem to reduce
Till he read in the paper,
"Cut your bread like a wafer
And that sure will jar ounces loose."



U. S. DEPARTMENT OF AGRICULTURE
EXTENSION SERVICE
WASHINGTON 25, D. C.

April 5, 1946

For your information

To: State Directors of Extension

Subject: Suggestions on Home Economics Aspects
of Famine Emergency Campaign

In my letter of March 15 I told you that State nutrition specialists from 5 nearby States were coming to Washington March 18 and 19 to explore with members of the Extension Service and the Bureau of Human Nutrition and Home Economics, methods and devices that would be helpful in connection with the Famine Emergency Campaign.

Enclosed for your information is a set of suggestions arising from this conference. Our Extension Nutritionists, Miss Miriam Birdseye and Miss Mary E. Loughhead, are sending one set each to your State home demonstration leader and to your State extension nutritionists and food preservation specialists. These copies will carry as attachments releases from Department and other sources that will amplify the information in the suggestions.

We have noted with keen interest the copies of State releases showing action already taken in this campaign. The seriousness of the world food crisis is emphasized as reports continue to come in from the countries devastated by war and by drought.

Sincerely,

M. L. Wilson
Director of Extension Work

Enclosures

U. S. DEPARTMENT OF AGRICULTURE
EXTENSION SERVICE
WASHINGTON 25, D. C.

April 8, 1946

For your information

To: State Home Demonstration Leaders
Extension Nutritionists
Food Preservation Specialists

Subject: Suggestions on Home Economics Aspects
of Famine Emergency Campaign

A pilot conference of extension nutritionists from five nearby States was held in Washington on March 18 and 19. The purpose of this conference was to explore, with members of the Extension Service and the Bureau of Human Nutrition and Home Economics, methods and devices that would be helpful in connection with the Famine Emergency Campaign.

A set of suggestions arising out of this conference is enclosed. Unless otherwise indicated, the reference material cited in the suggestions is enclosed with the kit of material for the State home demonstration leader and a set for one nutrition specialist in each State. References cited but not enclosed, that have been sent to the State distribution office, are as follows:

Famine Emergency Campaign, March 13, 1946 (U.S.D.A. PA-5).
1946 Victory Garden Program - U.S.D.A. Materials and
Activities (U.S.D.A. unnumbered - March 26, 1946).
How Homemakers Can Help Save Food To Fight Famine (U.S.D.A.
March 19, 1946).

Your State director has been sent a copy, without attachments, of the suggestions arising out of the conference.

We hope that the enclosed materials and suggestions will aid in carrying out the campaign already in action in the States, as indicated by State releases. The seriousness of the world food situation is brought more closely into focus with reports that continue to come in from famine-stricken countries.

Sincerely yours,

Mary E. Loughhead

Mary E. Loughhead
Extension Specialist
in Food Preservation

Enclosures

Miriam Birdseye
Miriam Birdseye
Extension Nutritionist

UNITED STATES DEPARTMENT OF AGRICULTURE
EXTENSION SERVICE
WASHINGTON 25, D. C.

FOOD PRESERVATION SUPPLIES

Mary E. Loughhead
Extension Specialist in Food Preservation

The 1946 National Garden Program will stress home food preservation as an integral part of the Bamine Emergency Relief Campaign. The outlook for equipment and supplies for home food preservation is about as follows:

1. Pressure canners.-- Production of pressure canners is proceeding at a good rate. Some difficulty is being encountered in procuring sufficient supplies to maintain the present high rate of production. However, it is expected that sufficient volume will be produced to take care of a large percentage of the orders placed by dealers.
2. Jar rings.-- Supplies are expected to be adequate. Manufacturers are permitted this year to use the same percentage of crude rubber in jar rings that was used in prewar rings. This should tend toward improvement in quality of rings.
3. Glass jars and closures.-- Supplies are expected to be ample to meet needs for the coming season.
4. Tin cans for home canning.-- Prospects are for an ample supply. Although supplies of tin and steel have been a little critical, provisions have been made for directing the quantity needed toward the making of tin cans to take care of surplus perishable foodstuffs.

Additional References

1. Food Conservation for Peace. February 18, 1946. USDA Office of Information. Mimeo.. (Copy sent previously.)
2. Rural Family Living. HNEE--issue of March 13, 1946. Brings together much helpful information bearing on the campaign.
3. Food and Home Notes--USDA Office of Information. (Copies not enclosed.)

Special Bread Issue.--A preview of the new flour and bread, nutritive value, foreign flours.

Issue of March 20.--Discusses oatmeal as an occasional substitute for wheat.

4. Publications of Bureau of Human Nutrition and Home Economics, USDA.

At present, no new publications of a subject-matter nature on the emergency food relief campaign are contemplated. Recent publications that are available and will be found helpful in carrying out the campaign are listed below. (Single copies are enclosed with material for nutrition specialists.)

Egg Dishes for Any Meal. AWI-89
Root Vegetables in Everyday Meals. AIS-42
Green Vegetables in Everyday Meals. AIS-43
Potatoes in Popular Ways. AWI-85
Cheese in Your Meals. AWI-16
Fats in Wartime Meals. AWI-34
Homemade Bread, Cake, and Pastry. -
Farmers' Bulletin No. 1775
Meat for Thrifty Meals. - Farmers' Bulletin
No. 1908
Cut Food Waste--Make Food Fight for Freedom. -
NFC-12
Fight Food Waste in the Home. - Supply limited.
Get the Good From Your Food. - Supply limited.
One set available to each State.
Tomatoes on Your Table. AWI-104

U.S. Department of Agriculture
Office of Information

March 26, 1946

1946 Victory Garden Program
USDA Materials and Activities

General

Fact Sheet, "Garden and Conserve"
Wire to Governors (Secretary's signature)
Wire to Mayors of large cities (Secretary's signature)
Wire to State Extension Directors (M.L. Wilson's signature)
Wire to specific State Garden Committees
Wire to Industry groups
Letter to Nutrition Committees (M.L. Wilson's signature)
Wire to Governors re Garden Week
What foreign countries are doing to help themselves.
Wire to magazines that can still handle message.
Internal distribution of President Truman's message of February 21, Secretary
Anderson's invitation to the Garden Conference, Secretary's Memorandum No. 1150,
Statement by Chester Davis, and related materials.
Garden photos and captions issued to newspapers, magazines and other publications.
Letter to Studebaker, Office of Education, on school gardens (Secretary's signature)
Negro Health Week stressing Victory Gardens beginning March 31.

Organizations

Letters, with Fact Sheet, to:
Women's and Consumer groups; civic groups, utilities, etc.
Labor, Fraternal, and Religious Groups
Local Nutrition Committees. (6,000)

Advertising

Ads prepared by Advertising Council
Metro and Meyer Both using garden photos and materials.

Press

Release on Garden Conference
Negro Press -- Material sent to Negro papers.
Food for Folks
Food and Home Notes
Clip Sheet

Radio

Radio Roundup
Good Eating
RFD Letter
Food Makes A Difference
Homemakers Chats
Farm Flashes
Farm and Food News
Timely Farm Topics (transcriptions)
Consumer Time (NBC)
Farm & Home (NBC)
American Farmer (Blue)
Federal Food Reporter
PA, UP, and INS were supplied materials.

Radio (Cont'd.)

National Garden Shows (such as CBS's Old Dirt Dobber)
Regional Garden Shows (such as Gillespie on West Coast)
Open House, WOL
Headline Edition, WMAL
Everybody's Farm, WLW
Mississippi Valley Network

Other USDA Services

Food Information Calendar
Letter to Farm Paper Editors
Letters to Women's Magazines
Consumers' Guide
Serving Many
Nutrition Newsletter
Weekly Letters to Extension Directors & Editors
Field Service Branch Newsletter for Committeemen
Co-op News
REA News
Extension Service Review
USDA

Magazines

Pictorial and Home and Garden magazines supplied with photos and materials.
Story sent to "Woman's Day" March 8.
Letter by Paul Stark in June issue of "Seventeen".
"Forecast" magazine received 300 word article.
Article supplied Kiwanis Magazine.

Available Materials

President's Statement of February 21
President's Statement to National Garden Institute
Secretary's invitation to Garden Conference
Secretary's Memorandum No. 1150
M. L. Wilson's memo to States, January 30.
Fact Sheet, "Garden and Conserve"
Publications: "Growing Vegetables in Town and City", MP 538
"The Farm Garden", Farmers' Bulletin 1673
"Victory Garden Insect Guide", AWI-95
"Family Food Plans", AWI-78

UNITED STATES DEPARTMENT OF AGRICULTURE
Bureau of Human Nutrition and Home Economics
Washington 25, D. C.

March 19, 1946.

HOW HOMEMAKERS CAN HELP SAVE FOOD TO FIGHT FAMINE

* * * * *

Home help is wanted. There's a job for every homemaker to do in getting food to the world's starving masses. The time to start is NOW.

Wheat and wheat products...food fats and oils...these are the mainstays in food supplies being shipped overseas to avert famine. The President's Famine Emergency Committee has called on householders to "reduce your purchases of wheat products by 40 percent and fats by 20 percent."

Here are some ways to work out this reduction, by using other foods, and by being thrifty with the wheat and fat we do use--to the last crumb and drop.

POTATOES "Reach for a potato instead of bread"

One small serving of potato can replace a slice of bread nutritionally, and the potato offers some vitamin C, besides.

At breakfast, let potatoes replace wheat cereal, toast, or biscuit.

If every minute counts, fry sliced potatoes country style, using a small amount of meat drippings to help them brown.

Make potato cakes from leftover mashed potatoes.

Prepare hash-brown or creamed potatoes from boiled potato leftovers.

Let potato salad take the place of a sandwich.

In making stuffings for meat or poultry, use potatoes rather than bread.

Top meat pies and other baked dishes with fluffy mashed potatoes instead of pastry crust.

Serve creamed meat, chicken, or fish on mashed potato instead of on toast.

In place of poached egg on toast, try eggs baked in nests of mashed potato.

Make pancakes using fresh grated potato to replace a large part of the flour.

Let cold mashed potatoes do duty for some of the flour in making hot potato scones.

OATMEAL

An average serving of oatmeal without sugar and cream equals approximately two slices of bread in food value.

If every man, woman, and school child will replace two slices of bread with a serving of oatmeal each week, this would mean 135,000 tons of wheat for the hungry in 4 months time.

Use oatmeal to replace part of the wheat flour in making bread, biscuit, muffins, pancakes, cookies.

Use leftover cooked oatmeal as thickening for gravies, soups, and stews.

Use cooked or dry oatmeal as a binder in meat loaf, in place of bread crumbs.

Serve a Scotch soup occasionally, made with rolled oats, potatoes, meat broth, and savory seasonings.

Use cooked oatmeal instead of bread in making fruit betties and puddings.

CORN MEAL

Where corn meal is plentiful, use it in cornbread, muffins, griddle cakes, etc.

Use leftover cornbread in stuffings.

In place of a rice pudding, make Indian pudding which contains cornmeal.

Make extra cornmeal mush, to slice and fry in meat drippings...and serve hot. The fried slices make a hearty breakfast dish, or can take the place of wheat bread at other meals.

BARLEY AND BUCKWHEAT

Use pearl barley when available to give body to soups and chowders, instead of rice, or spaghetti or vermicelli.

Don't overlook buckwheat cakes as cereal food for breakfast.

WHAT ABOUT RICE?

Rice eating countries of the Far East report such imminent mass starvation that every "additional ounce" they receive is valued. In this country we can--

Use potatoes or hominy grits wherever possible in place of rice in the main course of the meal.

Avoid throwing rice at weddings now, when it is so urgently needed to feed hungry people.

THRIFTY WAYS WITH WHEAT BREAD AND FLOUR

Prevent waste of bread. It is estimated that one slice out of every loaf of bread baked every day goes into garbage. That is enough bread to feed a million people in devastated countries for half a year.

To keep bread fresh and prevent mold, store loaves in moisture-proof paper wrapping in the refrigerator. Or if refrigerator space is not available, store bread unwrapped in a well-ventilated box in a cool place, and scald and sun bread box often. Dry bread can be used, but moldy bread is a total waste.

Follow the lead of the restaurants and serve only enough bread for one slice apiece for each person at the table. Let the family ask for "seconds", and think up ways to make the crusty heel of the loaf a prized piece.

Where bread is baked at home, bring back the old-time custom of slicing bread on the table, and be ready to halve the slices to fit slender appetites.

Dry bread makes good toast. Besides plain toast, don't overlook such kinds as French, cinnamon, hot-milk, cheese, jelly, and the thin Melba toast that smart restaurants often serve in place of soft bread.

Use dry bread in substantial desserts, such as bread and cereal puddings, and baked fruit scallops made of slices or "fingers" of bread combined with canned or fresh fruit and a little sweetening and fat.

Turn odds and ends of bread into dry crumbs. Familiar uses of crumbs are coating foods for frying and topping baked dishes, and stuffing vegetables or meat, there are bread-crumb specials.

Watch, when toasting and baking. Burned bread feeds nobody!

In making sandwiches, don't trim off and discard crusts. For sandwiches served at home make the open-face type, using one slice of bread instead of two, or better yet, try to let abundant perishable foods take the place of sandwiches entirely.

Don't hoard or waste flour. Buy flour only as needed and keep in a cool dry place, safe from insects and rodents.

Watch flour supplies closely in summer, if flour must be kept in a warm kitchen. Weevils are likely to develop if flour is stored in a warm room for a long time. "Feed hungry people not weevils with your flour" might be a slogan.

THRIFTY WAYS WITH FATS AND OILS

A teaspoon of fat a day saved by every man, woman, and school child will mean a total saving of at least one million pounds of fat a day.

Buy table and cooking fat only as needed...some fats turn rancid if kept too long. Make best use of every bit of fat you have, whether bought as fat or whether it comes with meat, fish, and poultry.

Bake and broil fish, instead of frying. Some fish have plenty of fat of their own for seasoning.

Serve home-made boiled salad dressing instead of rich salad dressings. Or better yet, serve raw vegetable relishes with salt for seasoning.

Make single-crust open-faced pies in place of two-crust kinds. Or use pastry squares on top of stewed fruit in lieu of pie. In place of pastry or cake, make the most of fresh fruit in season for desserts.

Put on ice for the duration of the emergency your taste for French fries and other foods fried in deep fat.

Trim excess fat from meat and poultry before cooking. Render separately at low temperature and strain. Save cracklings for fat and flavor in cornbreads, muffins, stews, and soups.

Collect drippings from broiler, roaster, frying pan, and the top of the soup kettle.

Salvage and sterilize fat from plate waste. Remove uneaten fat and meat, render carefully and strain.

Store meat drippings and rendered fat in separate labeled jars, or make an all purpose blend. Keep cold, dry, and covered.

When fat's on the fire, watch the flame. No smoking is the rule. Once fat reaches the smoking point, it breaks down chemically, soon turns rancid, and loses its sweet flavor.

Good ways to use saved fats are:

Number 1 use in gravy. Use saved fat also in sauces for scalloped dishes. Or add it to soups.

Flavor vegetables with it. Add to plain boiled vegetables, mash with potatoes, mix with a little vinegar and use as the dressing for wilted lettuce, top off a baked potato with it, use for panning cabbage, squash, and other vegetables.

Add during cooking to meat that hasn't enough fat of its own.

Make it the fat in meat piecrust, cake, gingerbread, waffles, muffins, biscuits, stuffing for poultry or meat, macaroni, and other cereal dishes.

"Butter" bread crumbs in it.

To mask the flavor of lamb, mutton, and other such fats, combine with onions or mixed vegetables in soup, or use as the shortening in crust for meat pie or in spice cake, gingerbread, or orange cakes or cookies.

*****Turn in for salvage to be used in making soap every drop of fat unfit for use as food.

GARDENS AND FOOD PRESERVATION

Home gardens and home food preservation have a special job again this year. Whatever we do for ourselves--in planting gardens, eating home-grown fruits and vegetables, putting up food for winter--frees more foods of the kinds that can be shipped abroad, and lightens transportation loads.

FOOD FOR THOUGHT

Our food supply is on a scale that allows 3,400 calories per person. Some of this vanishes in waste, but there is still national abundance. Overseas, the urban population in half of Europe is existing on less than 2,000 calories and in some areas less than 1,500 calories a day--and over there good food is not wasted.

GOVERNMENT SERVICES, INC.
1135 21st Street, N. W.
Washington 6, D. C.

March 20, 1946

MEMORANDUM for Cafeteria Managers

SUBJECT: Directed and Suggested Methods for Serving
Wheat Products and Fats and Oils

1. The following methods for reducing the Corporation's consumption of wheat products and fats and oils will be considered as directives unless they are indicated as being suggestions only.

A. Bread

- (1) To obtain customer cooperation in a lessened consumption of bread, reduce price of special luncheons as follows:
 - a. Three cents if neither butter nor bread is taken.
 - b. Two cents if only one slice of bread and no butter, or butter and no bread is taken.
 - c. One cent if no butter or only one slice of bread is taken.
- (2) Offer cornbread, whole wheat rolls, corn or whole wheat muffins, and whole wheat biscuits more frequently.
- (3) Substitute corn meal mush for French toast as breakfast item.
- (4) Make Melba Toast from ends of bread to serve with soups or place on bread counter - serve portion equivalent to 3 crackers or 1 slice of bread for one cent.
- (5) Use bread dressing on menu only to utilize unavoidable leftover bread.
- (6) Use breaded items only in cases where necessary to utilize crumbs.
- (7) Eliminate from luncheon menu any type of muffin which uses wheat or any quantity of critical fats.

(8) Toast

- a. Counters set up with toasters adjacent to service - make toast upon demand of customer only, eliminating all leftovers. This may be restricted to one slice per customer.
- b. Counters set up with toasters distant to service - eliminate toast altogether.
- c. Eliminate toast entirely as a garnish and accompaniment to meat substitute dishes such as creamed eggs, etc.

B. Vegetables

- (1) Substitute potatoes in lieu of rice and other cereal products where possible.
- (2) Offer better variety and selection of seasonal vegetables. Encourage sale of vegetable plates.

C. Pastries

- (1) Serve open faced pies in place of two crust pies.
 - a. Whipped cream topping may be substituted.
 - b. Streusel topping from leftover cake may be sprinkled lightly over top of fruit.
 - c. More soft pies, chiffon and glazed fruit pies used in planning menu.
- (2) Pastry for pies made with some whole wheat flour substituted for regular bread flour. (Recipe will be distributed in a few days when supply of whole wheat is determined.)
- (3) Cobblers substituted for pie served in 5" deep dishes with:
 - a. Pastry square or
 - b. Cooky top in place of single or double crust cobblers.
- (4) Substitute mashed potato toppings for meat and chicken pies instead of standard pastry.

D. Desserts:

- (1) Display more fruits, fruit cups and fruit desserts.
- (2) Develop desserts, using whipped cream to add variety.

1. The first step in the process of the investigation is to determine the scope of the problem.

2. The second step is to identify the causes of the problem.

3. The third step is to develop a plan of action.

4. The fourth step is to implement the plan.

5. The fifth step is to evaluate the results.

6. The sixth step is to report the findings.

7. The seventh step is to draw conclusions.

8. The eighth step is to recommend solutions.

9. The ninth step is to monitor the progress.

10. The tenth step is to complete the investigation.

11. The eleventh step is to prepare a final report.

12. The twelfth step is to present the findings.

13. The thirteenth step is to discuss the implications.

14. The fourteenth step is to make recommendations.

15. The fifteenth step is to conclude the investigation.

UNITED STATES DEPARTMENT OF AGRICULTURE
Bureau of Human Nutrition and Home Economics
Washington 25, D. C.

April 10, 1946.

FACTS ABOUT AMERICA'S 80 PERCENT EXTRACTION FLOUR

A Presidential order of February 6, 1946, stated that "the wheat flour extraction rate (the quantity of flour produced from each bushel of wheat) will be raised to 80 percent for the duration of the emergency." Since March 1, flour mills in this country have been producing the new flour, in compliance with War Food Order No. 144.

This change in wheat flour is counted on to save 25,000,000 bushels of wheat in the first half of 1946. It is one of the emergency steps taken in order that the United States may speed cargoes of grain to famine areas of the world.

Here are questions and answers about this flour, and bread made with it:

Q. What is the difference between 80 percent extraction flour and wheat flour we have been using?

A. Heretofore, our straight white flour has contained about 72 percent of the wheat kernel, that is, we got 72 pounds of flour from every 100 pounds of wheat grain milled. Patent flour, cake flour, and some other specialty flours have been extracted at lower rates than 72 percent. Now, at least 8 more pounds of flour are obtained from every 100 pounds of grain.

Q. Is 80 percent extraction flour dark?

A. No. The flour is scarcely distinguishable from white flour we have been using. It is creamy white.

Q. Is the new flour coarse?

A. No; 80 percent extraction flour contains no visible bran. It is practically as fine and smooth as ordinary white flour.

Q. Can a homemaker use her regular baking recipes with the 80 percent extraction flour?

A. Yes. She can follow her standard recipes as usual, unless the flour manufacturer gives on the package some special directions for his particular product. If a dough or batter seems a little soft, she may want to experiment for herself when making the next batch...by adding a very little flour or subtracting a very little of the liquid.

Q. Do bread and cakes taste and look the same when made with the new flour?

A. Approximately, yes. Flavor is likely to be slightly fuller; that is, you may get a little more wheat flavor. Baked goods may be a trifle less light and a trifle more moist than formerly. Certainly there is no reason to expect baking failures when using the new flour in time-tried recipes. The cook who could make tasty biscuit and other baked products with flour she formerly bought can turn the same trick with the new.

Q. How does the 80 percent extraction flour compare with the 72 percent type in food value?

A. As milled, the 80 percent extraction flour contains somewhat more of the B vitamins--especially thiamine--than a similar lot of unenriched 72 percent extraction flour.

Q. Is the 80 percent extraction flour and bread made from it being enriched?

A. Yes; 80 percent extraction flour as milled does not equal enriched white flour, so far as iron and B vitamin values go. But War Food Order No. 1, requiring enrichment of all commercial white bread and rolls is still in effect. So, these products made from 80 percent extraction flour are to be enriched at least to the level required by that order. Enrichment of flour sold for family baking is voluntary, except in 18 states and Puerto Rico and Hawaii, where laws have been passed requiring this. But many millers will undoubtedly continue their same voluntary enrichment practice for 80 percent extraction flour sold in retail trade. About one-fourth of the white flour sold for family use has not been enriched.

Q. Can millers continue to produce whole wheat and other flours containing more than 80 percent of the grain?

A. Yes. The order sets only a minimum extraction rate of 80 percent; and whole wheat flour contains 100 percent of the wheat kernel.

Q. Can self-rising flour be produced?

A. Yes. There is no restriction on this.

Q. Can cake flour be milled now?

A. The special highly refined cake flour will not be milled because such flours were milled at a low extraction rate...that is, only about 40 to 50 percent of the wheat kernel went into flour. However, some millers are producing for cake baking an 80 percent extraction flour from selected soft wheat.

Q. Will the 80 percent extraction flour keep in home storage as long as the flour we used to get?

A. Storage experiments on the 80 percent extraction flour are under way; no results are yet available. But now there is stronger reason than ever to manage home flour supplies so as to waste none. Experienced housewives know that flour kept in a warm kitchen may become infested with weevils. So, (1) don't buy excess flour supplies; and (2) keep flour supplies dry and cool. Don't put flour in a refrigerator because it will take up moisture.

Q. Does the new flour have an official name?

A. None, except 80 percent extraction flour, which is a rather technical term. Conservation flour is one name proposed, and some of the milling companies are putting out their flour under such names as Emergency and All America. Packages of the new flour are being marked to show compliance with War Food Order No. 144.

Q. How much flour do other countries extract from their wheat?

A. In practically all of Europe and Russia, 85 to 90 percent of the wheat is extracted for flour. In a few countries the rate is even higher, as in South Africa, where for four years 96 percent of the wheat has been extracted.

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service
Washington 25, D. C.

March 23, 1946

For your information
and appropriate action

TO ALL STATE 4-H CLUB LEADERS:

Subject: "4-H Food for Famine Relief" Program

All 4-H Club leaders are doubtless concerned about the present world food emergency and are wondering what direction our interests and activity should take. Although more detailed information and suggestions will reach you soon in Miss Warren's Rural Life Sunday material, National 4-H Club News, and through your State nutrition specialist, I am sending you this "advance flyer" to highlight hurriedly the recommendations of the Department of Agriculture.

In 1946 the United States' over-all food supply allows 3,400 calories per person per day. Of this amount there will be some waste, of course, but our food resources are above prewar levels. The urban populations in half of Europe are existing on less than 2,000 calories and in some areas the level is below 1,500 calories. It seems to us that three avenues of mercy are open to our 1,700,000 4-H Club members during the next 120-day famine emergency period. We hope that the much-needed help of our organization will be a potent influence for peace.

Suggested Emphasis in 4-H Food for Famine Relief

I. Food Production and Preservation

- A. Encourage designation by each member of "This Project for Peace," with special emphasis on garden, crops, food preservation, food preparation, and clothing conservation projects.
- B. Encourage members not living on farms to help with the planting, care, or harvest of crops.
- C. The green light is up for all possible production of garden, fruit, and crops of all kinds, and the need for preservation and storage is imperative. The wheat, fats, and oils situation will be critical.

2-March 22, 1946

II. Conservation of Food and Materials

- A. Organize "Clean Plate" campaign.
- B. Encourage the use of substitute foods and give reasons why.
- C. Include educational food conservation programs and demonstrations at 4-H camps, training meetings, and club events.
- D. Provide menus and other conservation suggestions pertinent to your State situation.

III. Contribution

- A. Develop sympathetic attitudes toward sharing. "Faith, hope, and charity, and the greatest of these is charity."
- B. Organize "Famine Fighting" collection drives. Money thus collected will be used for purchases of canned or processed foods for bulk shipment. The National Committee on Boys and Girls Club Work has agreed to act as a clearing house to accept and transmit funds to any approved agency that you designate.
- C. Voluntary contributions of canned goods to local Food-for-Famine drives. Several agencies are working hard on this. The month of May has been designated by U.N.R.R.A. for its "Emergency Food Collection."
- D. It is predicted that there will be a number of locally organized used-clothing collection drives. If and when these come, urge members to search closets and attics for outsized and outmoded garments.

This entire program of production, conservation, and sharing can be effectively used to give purpose and meaning to guideposts III, V, and X of the 4-H Postwar Program. Certainly there has never been a greater need for:

III. Learning To Live in a Changing World.

- V. Producing Food and Fiber for Home and Market.
- X. Serving as Citizens in Maintaining World Peace.

Very truly yours,

E. W. Aiton

Field Agent

FAMINE EMERGENCY



HUNGER

6 SLICES
"OURS"

4 SLICES
"THEIRS"



"FRIENDS
FOR DINNER"



DON'T SCORCH
THE FAT



INSTEAD OF
WHEAT OR
RICE —

USE US!



POTATO



SWEET
POTATO



OAT MEAL
OR
CORN MUSH



SWEET
CORN

Division of
Extension-Information

U. S. Department
of Agriculture

UNITED STATES DEPARTMENT OF AGRICULTURE
Bureau of Human Nutrition and Home Economics
Washington 25, D. C.

March 19, 1946.

HOW HOMEMAKERS CAN HELP SAVE FOOD TO FIGHT FAMINE

* * * * *

Home help is wanted. There's a job for every homemaker to do in getting food to the world's starving masses. The time to start is NOW.

Wheat and wheat products...food fats and oils...these are the mainstays in food supplies being shipped overseas to avert famine. The President's Famine Emergency Committee has called on householders to "reduce your purchases of wheat products by 40 percent and fats by 20 percent."

Here are some ways to work out this reduction, by using other foods, and by being thrifty with the wheat and fat we do use--to the last crumb and drop.

POTATOES "Reach for a potato instead of bread"

One small serving of potato can replace a slice of bread nutritionally, and the potato offers some vitamin C, besides.

At breakfast, let potatoes replace wheat cereal, toast, or biscuit.

If every minute counts, fry sliced potatoes country style, using a small amount of meat drippings to help them brown.

Make potato cakes from leftover mashed potatoes.

Prepare hash-brown or creamed potatoes from boiled potato leftovers.

Let potato salad take the place of a sandwich.

In making stuffings for meat or poultry, use potatoes rather than bread.

Top meat pies and other baked dishes with fluffy mashed potatoes instead of pastry crust.

Serve creamed meat, chicken, or fish on mashed potato instead of on toast.

In place of poached egg on toast, try eggs baked in nests of mashed potato.

Make pancakes using fresh grated potato to replace a large part of the flour.

Let cold mashed potatoes do duty for some of the flour in making hot potato scones.

OATMEAL

An average serving of oatmeal without sugar and cream equals approximately two slices of bread in food value.

If every man, woman, and school child will replace two slices of bread with a serving of oatmeal each week, this would mean 135,000 tons of wheat for the hungry in 4 months time.

Use oatmeal to replace part of the wheat flour in making bread, biscuit, muffins, pancakes, cookies.

Use leftover cooked oatmeal as thickening for gravies, soups, and stews.

Use cooked or dry oatmeal as a binder in meat loaf, in place of bread crumbs.

Serve a Scotch soup occasionally, made with rolled oats, potatoes, meat broth, and savory seasonings.

Use cooked oatmeal instead of bread in making fruit betties and puddings.

CORN MEAL

Where corn meal is plentiful, use it in cornbread, muffins, griddle cakes, etc.

Use leftover cornbread in stuffings.

In place of a rice pudding, make Indian pudding which contains cornmeal.

Make extra cornmeal mush, to slice and fry in meat drippings...and serve hot. The fried slices make a hearty breakfast dish, or can take the place of wheat bread at other meals.

BARLEY AND BUCKWHEAT

Use pearl barley when available to give body to soups and chowders, instead of rice, or spaghetti or vermicelli.

Don't overlook buckwheat cakes as cereal food for breakfast.

WHAT ABOUT RICE?

Rice eating countries of the Far East report such imminent mass starvation that every "additional ounce" they receive is valued. In this country we can—

Use potatoes or hominy grits wherever possible in place of rice in the main course of the meal.

Avoid throwing rice at weddings now, when it is so urgently needed to feed hungry people.

THRIFTY WAYS WITH WHEAT BREAD AND FLOUR

Prevent waste of bread. It is estimated that one slice out of every loaf of bread baked every day goes into garbage. That is enough bread to feed a million people in devastated countries for half a year.

To keep bread fresh and prevent mold, store loaves in moisture-proof paper wrapping in the refrigerator. Or if refrigerator space is not available, store bread unwrapped in a well-ventilated box in a cool place, and scald and sun bread box often. Dry bread can be used, but moldy bread is a total waste.

Follow the lead of the restaurants and serve only enough bread for one slice apiece for each person at the table. Let the family ask for "seconds", and think up ways to make the crusty heel of the loaf a prized piece.

Where bread is baked at home, bring back the old-time custom of slicing bread on the table, and be ready to halve the slices to fit slender appetites.

Dry bread makes good toast. Besides plain toast, don't overlook such kinds as French, cinnamon, hot-milk, cheese, jelly, and the thin Melba toast that smart restaurants often serve in place of soft bread.

Use dry bread in substantial desserts, such as bread and cereal puddings, and baked fruit scallops made of slices or "fingers" of bread combined with canned or fresh fruit and a little sweetening and fat.

Turn odds and ends of bread into dry crumbs. Familiar uses of crumbs are coating foods for frying and topping baked dishes, and stuffing vegetables or meat, there are bread-crumb specials.

Watch, when toasting and baking. Burned bread feeds nobody!

In making sandwiches, don't trim off and discard crusts. For sandwiches served at home make the open-face type, using one slice of bread instead of two, or better yet, try to let abundant perishable foods take the place of sandwiches entirely.

Don't hoard or waste flour. Buy flour only as needed and keep in a cool dry place, safe from insects and rodents.

Watch flour supplies closely in summer, if flour must be kept in a warm kitchen. Weevils are likely to develop if flour is stored in a warm room for a long time. "Feed hungry people not weevils with your flour" might be a slogan.

THRIFTY WAYS WITH FATS AND OILS

A teaspoon of fat a day saved by every man, woman, and school child will mean a total saving of at least one million pounds of fat a day.

Buy table and cooking fat only as needed...some fats turn rancid if kept too long. Make best use of every bit of fat you have, whether bought as fat or whether it comes with meat, fish, and poultry.

Bake and broil fish, instead of frying. Some fish have plenty of fat of their own for seasoning.

Serve home-made boiled salad dressing instead of rich salad dressings. Or better yet, serve raw vegetable relishes with salt for seasoning.

Make single-crust open-faced pies in place of two-crust kind. Or use pastry squares on top of stewed fruit in lieu of pie. In place of pastry or cake, make the most of fresh fruit in season for desserts.

Put on ice for the duration of the emergency your taste for French fries and other foods fried in deep fat.

Trim excess fat from meat and poultry before cooking. Render separately at low temperature and strain. Save cracklings for fat and flavor in cornbreads, muffins, stews, and soups.

Collect drippings from broiler, roaster, frying pan, and the top of the soup kettle.

Salvage and sterilize fat from plate waste. Remove uneaten fat and meat, render carefully and strain.

Store meat drippings and rendered fat in separate labeled jars, or make an all purpose blend. Keep cold, dry, and covered.

When fat's on the fire, watch the flame. No smoking is the rule. Once fat reaches the smoking point, it breaks down chemically, soon turns rancid, and loses its sweet flavor.

Good ways to use saved fats are:

Number 1 use in gravy. Use saved fat also in sauces for scalloped dishes. Or add it to soups.

Flavor vegetables with it. Add to plain boiled vegetables, mash with potatoes, mix with a little vinegar and use as the dressing for wilted lettuce, top off a baked potato with it, use for panning cabbage, squash, and other vegetables.

Add during cooking to meat that hasn't enough fat of its own.

Make it the fat in meat piecrust, cake, gingerbread, waffles, muffins, biscuits, stuffing for poultry or meat, macaroni, and other cereal dishes.

"Butter" bread crumbs in it.

To mask the flavor of lamb, mutton, and other such fats, combine with onions or mixed vegetables in soup, or use as the shortening in crust for meat pie or in spice cake, gingerbread, or orange cakes or cookies.

*****Turn in for salvage to be used in making soap every drop of fat unfit for use as food.

GARDENS AND FOOD PRESERVATION

Home gardens and home food preservation have a special job again this year. Whatever we do for ourselves--in planting gardens, eating home-grown fruits and vegetables, putting up food for winter--frees more foods of the kinds that can be shipped abroad, and lightens transportation loads.

FOOD FOR THOUGHT

Our food supply is on a scale that allows 3,400 calories per person. Some of this vanishes in waste, but there is still national abundance. Overseas, the urban population in half of Europe is existing on less than 2,000 calories and in some areas less than 1,500 calories a day--and over there good food is not wasted.